

**Pugilangman  
sueded tourism  
secretary**

**Haki rebels  
seize city**

**Up-lifting talk  
with cosmetic  
surgeon**

**Pino rallies  
as BSP warns  
speculators**

**My first game  
as a bench  
warrior**

## FDI, GMA 7 to host presidential debate

GMA Network and the Philippine Daily Inquirer will host a presidential debate next month to enlighten the public on the competence and character of those vying for the highest office of the land.

In an event sponsored by all radio networks of GMA Network, the debate will allow the presidential candidates to present their



**Edsa I: Pakana ba ng Kano?**  
A Q&A with the outgoing Marcos Jr. and the incoming Duterte. A special feature by the Philippine Daily Inquirer.

and feedback@inquirer.com.ph

Monday, February 24, 2008 • 30 pages • Vol. 19 • No. 11

website: www.inq.net.ph

# RP, US troops focus on \$4-B oil project

## War games begin in Palawan, 5 areas

PHILIPPINE and US military planners are using a mock attack by Islamic militants on the vital Makumbong gas field in the South China Sea to test their skills during two weeks of war games that started yesterday.

Official documents sent by Reuters showed the exercise in Palawan would focus on repelling an attack on the offshore platform, a \$4.5-billion project and the single largest foreign investment in the Philippines.

The project is spearheaded by a consortium led by a unit of the Royal Dutch Shell group. Shell Philippines Exploration Inc. and Chevron have a combined 60 percent stake in the consortium. The other 40 percent is owned by the Philippine government.

The Makumbong field, which has recoverable reserves of 2.5 trillion cubic feet of oil, is located in the waters of the South China Sea, about 100 nautical miles from the

Chinese coast and has a combined capacity of 3,700 megawatts.

Plans to start the potentially controversial drilling, which are being delayed in part by the Philippines, Japan, China, Malaysia, Taiwan and Vietnam.

General Secretary Vincent Fox welcomed the joint military exercises in Palawan.

"The exercises will help ensure security of the major energy in the region, which provides 30 percent of the country's power requirements," Fox said, adding the department had been working on the war games to be conducted in the area.

The annual "Bullbat 2008" island



US Marines came ashore during the start of the "Bullbat 2008" war exercises in Palawan, Caraga, and the other areas.

### COMMENTARY

## Lessons from 'Miracle of Edsa'

By Juan Comandante Jr.

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## Scribe recounts episode with FPJ

By Tanya Quintanilla  
and Christine C. Acuña

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## EDSA | TIMELINE

**Day Three,  
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## MARCOS MILLIONS

# 'Ruling true will of Marcos'

By Arlyn de la Cruz, Contributor  
Enrique Lora Malabanan

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[illegible]

# Da King's men cancel Ayala march

By Christian V. Eguerra

DISPENSING of President Arroyo has been abandoned after her photograph was marred by a picture of a man in a black shirt, a black hat, and a black mask, a man in a black shirt, a black hat, and a black mask, a man in a black shirt, a black hat, and a black mask.

"Nababansag kayo sa mga opisyon nito (We found hope in their options)," said Arroyo. "Okin, kasama ng mga People's Alliance for Truth and Justice (PATJ)."

Okin was referring to the resignation of retired Supreme Court Justice Vicente Mendoza, to constitutional amendments, Josephine Beldarrin, U.S. Senator, University of the Philippines College of Law Dean Maria Magdalena, and UPRC professor Robert Balle. They said the king's alleged legitimacy did not prevent him from being a normal-born citizen and as such, was qualified to run for president.

With this favorable response, Okin said PATJ and groups under the "Pro-Democracy Coalition" were expanding to tag only the king as the main obstacle. "The only way we expect to stop the high-rented king is to stop the 'king's power' on the disqualification case."

"President politics is the name of the game," he said. The INCOME, "I will come, we should learn where to put us not to put pressure (on the Supreme Court)."

However, Okin warned that the 20,000-strong would push through with the rally despite the disqualification. He said the king is the main obstacle.

Besides the PATJ, he said he will need to check the 191 Movement headed by Josephine Beldarrin and members of the coalition who said that the king's supporters have been abusing democracy with impunity.

Okin said the coalition would also stage demonstrations "pocket protest" including, even, rallies and candle-lighting ceremonies nationwide.

## El Shaddai flock free to choose bets, says spokesman

By Blanche S. Reyes

MEMBERS of the Catholic charismatic group El Shaddai are free to join any political party or to back candidates in the upcoming general elections, said its spokesman.

And during a press conference of El Shaddai leader Mike Veloso, said that Veloso was more concerned about having peaceful elections and the construction jobs selected in the campaign period.

"We (Mike) are not involved candidates in the election. In our conversations the candidates against the other (Mike) Veloso said in a phone interview, adding that Veloso was "very pleasing" for the May 10 polls.

"El Shaddai members are free to follow their own political convictions," he said.

Frangelis Eddie Villanueva earlier claimed that some members of the El Shaddai and the Mike Veloso have "unusually and unusually" contacted their support to the candidates. However, he said that Veloso did not make Villanueva and that the El Shaddai leader considers only those "serious" presidential candidates, including President Macapagal, former President Foy, former Sen. Raul Roco and former Philippine National Police Chief Profilo Loran.

Veloso revealed that Veloso has met with some candidates, but he refused to disclose who he has spoken with so far. Veloso has been known to endorse a presidential candidate.

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# Iran admits buying from nuke black market

TEHRAN—Iran acknowledged on Tuesday that it bought nuclear components on a black-market network and mounting concern that the Islamic Republic may still be concealing sensitive nuclear research.

(Associated Press)

did Qasbi claim that, unlike the other two nations, Iran made no attempt to acquire a technology that could be used to make nuclear bombs. Qasbi has admitted to buying nuclear

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**MOST POPULAR PARTY**

Most Popular Party leader Mehdi Karubi is seen in a campaign event in the capital of Tehran, Iran, on Tuesday. Karubi is seen in a campaign event in the capital of Tehran, Iran, on Tuesday. Karubi is seen in a campaign event in the capital of Tehran, Iran, on Tuesday.

## WORLD BRIEFS

### Uganda rebels kill 192

KAMPALA—Ugandan rebels shot and killed 192 people in a killing for displaced persons in their latest attack in 2008, a report from the United Nations. The killing took place in the town of Kibumba, in the northwestern region of Uganda, on Tuesday. The report says that the rebels killed 192 people, including 100 children, in the town of Kibumba, in the northwestern region of Uganda, on Tuesday.

### Iran hardliners win

TEHRAN—Iranian religious conservatives won Tuesday's election to reform the Islamic Consultative Assembly, the highest body of the Islamic Republic of Iran. The election was held on Tuesday, and the results were announced on Wednesday. The conservatives won 84 of the 88 seats in the assembly, while the reformists won 4 seats. The election was a surprise, as the reformists were expected to win.

### SARS victim dies

TEHRAN—A woman who was reported to have died of SARS in a Tehran hospital on Tuesday. The woman was 45 years old and had been in the hospital for several days. She was reported to have died of SARS, a rare respiratory virus. The woman was the first person to die of SARS in Iran. The death was reported by the Ministry of Health on Tuesday.

### Bigger M15

LONDON—Britain will become the world's most powerful intelligence service by 2015, according to a report by the House of Commons. The report says that the M15, the UK's main intelligence agency, will become the world's most powerful intelligence service by 2015. The report was published by the House of Commons on Tuesday.

### Nader for president

WASHINGTON—Former president and 2000 Green Party presidential nominee Ralph Nader announced Tuesday that he is running again for the White House. Nader said that he is running for president in 2012. He said that he is running for president in 2012. He said that he is running for president in 2012.

### Afghan attack on chopper

TEHRAN—An Afghan helicopter pilot was killed in an attack on a U.S. military helicopter in Afghanistan, according to a report from the U.S. military. The attack took place on Tuesday. The pilot was killed in the attack. The report was published by the U.S. military on Tuesday.

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# Fitness should be fun . . .

By Suzanne G. Lee

## Overweight sports built

True enough, for all the importance that American places on Little League sports like baseball, basketball and soccer, the country is still experiencing an increase in overweight and obesity levels. In an article for *ACSM's Health & Fitness Journal*, Dr. Henry Fogel, from Boston, writes, "... involvement in team sports may be difficult to instill in many children."

This observation makes sense. If the only sport you play is basketball or soccer, it becomes harder and harder to gather teammates to play with as a young, outgoing child and it becomes downright impossible to find 40-year-old players when you become middle-aged.

The result is an ex-jock who proudly remembers his days of glory as the most valuable player of the year but who today is an out-of-shape, out-of-fun big fish.

The solution for taking fitness participation to the next level is to involve children in more activities like canoeing, swimming, hiking, biking, as well as competitive individual or team sports.

But before anything else, they need to learn fundamental movement skills like throwing, catching, kicking, bending, pushing, jumping (knowing how to land properly is even more important), and various movement patterns (forward, diagonal, sideways). Because these skills will successfully translate into a variety of activities, not various and sports.

When our much emphasis is placed too much only on the specific skills of a particular sport, children grow up with a limited repertoire of activities and movement skills.

## Early start, early end

It is a myth that if you want to develop an athletic superstar, your child should start specialized sports training as soon as she/he can walk. From the former Soviet Union and East Germany now recognize that children who start intensive sports specialization at 10 years old or younger have shorter athletic careers compared to kids who start at 12-13 years old.

Last year, at the "Innovations in Sports Coaching" seminar that I attended at the Asia West Coast Education Conference in Anaheim, California, sports scientist Peter Davis mentioned research proving that starting specialized skills training at every young age was the best successful way to produce elite sports stars.

However, injury and limited physical skills could be the result of over-enthusiastic parents and coaches pushing young children into intensive sports-specific training. Davis emphasized that the best children were well-rounded individuals with a large range of athletic skills.

## Playing favorites

When it comes to play, too much emphasis is usually placed on the development of the physical education program for the rest of the student population. In some schools, the entire PE department may represent all the budget being left for the PE program. Even among university sports, there can be discrimination against less popular sports.

In one private school in the Philippines, 90 percent of the yearly budget was reserved for the men's basketball team. The rest of the sports for both male and female students had to make do with the remaining 10 percent.

It is true that competition is a natural part of life for young kids in Little League sports do not need to be pushed into these competitions that the less skilled children spend most of the season watching the bench while only the "best" get to play most of the time. The objective of these events should be for kids to learn how to enjoy playing the sport.

Sports psychologist Joe Gruber points out, "Children in team sports find that most kids would rather play just a losing team that has fun than watch the bench or sit a winning team."

According to Gary Gilmore, a consultant in youth fitness and recreation, children need not-competitive, over-structuring activities that allow them to socially interact with other children, learn the basic skills of a variety of team, individual, and fitness sports at recreational activities, develop self-esteem and self-worth, and most of all, have fun.

The fun aspect is what keeps children and young adults interested in participating in fitness activities. When it is no longer fun, children drop out. As Barbara Foster, "Soccerball is not so much fun if you get nervous every time you get up to hit" because you are scared of disappointing your team and your parents.

The Olympic concept of "teaching character, reciprocity and sports" is summed up quite nicely by Robert in his article "Innovation in Youth Sports Programs for Kids" for *Physical Education Magazine*. "Remember, not everyone has the ability, will, or desire to participate in a team sport. It takes discipline, hard work and a team effort to make the grade. By the same token, you don't have to go out for a team sport to learn the benefits of discipline, hard work and a team effort. That attitude goes into helping children, and, therefore, our society, overcome many obstacles as possible to help today's children develop into happy, healthy adults."

## EXERCISE OF THE WEEK

# Seated figure-4 stretch on stability ball



THIS exercise stretches the muscles of the buttocks as well as opens up the hip joint. It also challenges the core muscles of the trunk because of the unstable nature of the ball.

## Equipment:

Stability ball. Sit on a ball, not on the edge of a ball.

## Exercise technique:

1. Sit on the ball with your feet

together under the ball. Flatten and press yourself so you cross one leg over the other by pulling the ankle across the thigh.

2. Lift the ball at the sides or hold your leg.

3. Hold the stretch for the desired length of time, then repeat on the other side.

## Performance tips:

1. To do this exercise safely open up from the hip joint. Do not force your knee downward. Your knee can only go as far as the hip

joint will open.

2. For advanced exercisers, you can lean forward from the hips while keeping your back straight to increase the stretch in the buttocks.

3. Another alternative is to increase the balance challenge by placing your hands, in a proper posture, to the middle of your chest or bring your arms up overhead.

**Repetitions:** Should be 30-20 seconds. Do one or more.

# 'Up-lifting' talk with cosmetic surgeon

Surgery may be necessary to improve one's appearance and boost self-confidence

**I**T was one of those no-holds-barred conversations. No time for pretenses or misdirection. Just the plain, honest-to-goodness truth.

Then our anatomy to anatomy question from an experienced cosmetic surgeon, Dr. Basil Francisco, president Philippine Society of Cosmetic Surgery and American Academy of Cosmetic Surgery's.

Is cosmetic surgery a necessity? Is there when there are no alternatives or damage to one's structure caused by accidents, is necessary to undergo surgery to restore or improve not only one's face or appearance but also to boost one's self-confidence and body image.

Should anatomy and most recent in cosmetic procedures to look better? It depends on one's outlook, how one can go gracefully as they want to be using procedures that are non-invasive. Options must also include.



Dr. Basil Francisco

Dr. Francisco talks to a woman about the use of light to improve the collagen of one's skin, which Dr. Francisco and his team use to improve skin texture and wrinkles. But just the patient's true needs for a smooth, clear skin require a non-invasive procedure and not surgery.

Francisco, who has been in the field for 20 years, says that the most common procedure is the use of light to improve the collagen of one's skin, which Dr. Francisco and his team use to improve skin texture and wrinkles. But just the patient's true needs for a smooth, clear skin require a non-invasive procedure and not surgery.

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## Healer is friends with 'kapre'

**W**HILE you're making a list of your friends, make sure you add a few to your list of healers. It's not just about the physical, but also the spiritual.

### INNER AWARENESS

By Dr. Basil Francisco

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**Take Charge Doc!**  
Nicky Nolasco, M.D.

Looking to learn more about your insurance plan? MEDICard is the answer. It's the only insurance plan in the Philippines that is 100% guaranteed renewable. It's the only insurance plan in the Philippines that is 100% guaranteed renewable. It's the only insurance plan in the Philippines that is 100% guaranteed renewable.

**FAQs (Frequently asked questions)**  
What is a group or corporate member? A group or corporate member is a group of people who are insured under a single policy. This can be a company, a school, a church, or any other organization. The group member pays a premium for the insurance, and the individual members of the group are insured under the policy.

**Meet your MEDICard Team**  
Dr. Basil Francisco, President of the Philippine Society of Cosmetic Surgery, is the medical director of MEDICard. He is a board-certified plastic surgeon and has been practicing for over 20 years. He is also a member of the American Academy of Cosmetic Surgery and the Philippine Society of Plastic Surgeons.

**Contract Signing**  
The contract signing ceremony was held at the MEDICard office. Dr. Basil Francisco, President of the Philippine Society of Cosmetic Surgery, was the guest of honor. He signed the contract for the insurance plan, and the members of the MEDICard team also signed the contract.



**MEMBER LIST**  
The MEDICard team is proud to announce the following members of the insurance plan. These members are insured under the MEDICard plan and are eligible for all the benefits of the plan. The members are: [List of names]

**MEDICard is the first HMO in the Philippines and the whole Asia Pacific Region to be ISO CERTIFIED**





## LIFE STYLE

TUESDAY FITNESS



JACQUESINE Barrios and Joseph Barrios (second and third from left), Smart Heart Challenge participants who signed with the support of Quaker Oats (second and third from right), with Quaker Oats. It is one of the sponsors of the challenge. Also in the photo are: Dr. Rodolfo Peralta, medical director of the Smart Heart Challenge.

A 30-day health program shows oatmeal helps reduce the risk of cardiac disease

## Smart food for the strong heart

By Gloria Galis

IF YOU've consumed a free bowl of oatmeal everyday for 30 days, would you taste it?

If, on top of the free oatmeal, you are given a food intake with PDB to be used in the oatmeal, do you find oatmeal that day, would you taste it?

And if the free bowl comes with the promise of better health, new friends and the chance to meet a variety of people, would you taste it?

In the Philippine Smart Heart Challenge Center (Takeshi Building) in Ortigas, 27 participants eagerly accepted the challenge. They don't mind the program, and had glowing stories about their experience.

### Like a sponge

The program was called the "Smart Heart Challenge," and it was developed by Quaker Oats to demonstrate how oatmeal helped reduce the risk of heart disease by lowering the body's cholesterol levels.

"Oat has high soluble fiber that acts like a sponge," explains Dr. Rodolfo Peralta, chair-president of the Nutrition Foundation of the Philippines and health consultant on the program.

"The soluble fiber soaks up cholesterol, consequently it is in the digestive system and it is not in the body before it can be absorbed," he adds.

This is because he is. The United States Food and Drug Administration (FDA) has allowed oatmeal and other foods rich in soluble fiber to claim that they "may lower the risk of heart disease" if taken with a low-fat, low-cholesterol diet.

It is the food health claim PDB has allowed on the label of a food product, bearing that oatmeal is more than 27 essential nutrients in the last 30 years in the health and effects of soluble fiber.

"Oatmeal is one of the most healthiest ingredients to have a functional property," says Dr. Peralta. "This means that in addition to the 18 essential and minerals in oatmeal, there are other nutrients such as 18 'sponge' like protein to clean our system of harmful cholesterol levels."

### Exclusions

The Smart Heart Challenge ran from Dec. 24-Dec. 23. Participants came from various parts of the Tri-state Building. Forty percent were women and 60 percent men, selected via a first ball, registered medical check-up conducted before the program started.

The excluded those who were already taking medication for cholesterol, those with normal cholesterol levels (below 200 milligrams per deciliter, or mg/dL), and those with very high levels (above 300 mg/dL), says Dr. Peralta.

SMART 12



THE US Food and Drug Administration has allowed Quaker Oats to claim that it can help reduce the risk of heart disease.

